

ASTROLOGY AND DIET

by

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HEALTH
MASTER

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INTRODUCTION

Some Occulists believe that *A pure heart, and a sane mind in a sound body* is the ideal state and that all human beings should strive to achieve this condition. This book is being written with this thought in mind in the hope that it will help many to enjoy a better life from both the mental and physical aspects even though the ideal is unattainable.

In a very wide experience covering many years in practice as a medical herbalist, it has been observed that a vast number of people, although never really ill, are never completely well and it is to these unfortunate individuals that this work is mainly directed.

WHAT IS HEALTH?

Dr. Simmonite, in his book on medical botany entitled "Herbal Guide to Health" says *Health is that state of the human body, whether its growth be complete or not, in which the structure of the parts is sound and their functions properly performed, rendering the individual fit for the duties and enjoyments of life.*

The same author, speaking of disease says, *Disease is that condition of the body in which its vitality is so diminished or so impaired, that some, at least, of the vital functions are imperfectly performed.*

To sum up briefly, a body is healthy only when it is

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in a state of perfect ease. **Disease**, as the word implies, is a lack of ease or a lack of harmony causing bodily discomfort or pain.

When the word 'disease' is used it is generally understood that the body has some addition to it which ought not to be there. For instance, a common remark is "I have a Cold" or "I have Dyspepsia". What is really meant is that the condition of the body is such that the symptoms of what is called a "Cold" or "Dyspepsia" are able to manifest. When these and other diseases appear it is an indication that something is lacking in the system causing certain organs to be affected.

When an organ becomes diseased it is a sign that it is lacking in its own particular chemical constituent which is essential for its full nutriment.

Every organ of the body must receive the correct food to maintain it in health and thus enable it to carry out its normal functions. It is, therefore, obvious that diet is an essential factor in health.

An invaluable asset in dealing with disease is a study of the patient's individual horoscope as this reveals precisely which organs are likely to be weak and, in consequence, the most likely to be affected. This information can be used as a guide in the selection of foods containing the chemical constituents essential to maintain those organs in good condition thus enabling them to play their essential part in the maintenance of health.

As mentioned earlier, all symptoms of disease are caused by an insufficiency of chemical salts in the blood and this leads to a deficiency in the molecules that carry on the life process.

The body is composed of millions of cells which can be likened to a storage battery. Each one of these cells

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is charged with a power (or force) which we will call the "Vital Force". It is the function of these cells which are charged with this Vital Force to maintain balance in the body and it is, therefore, essential to keep these tiny cells as fully charged with this power as is possible. The better the condition of these cells the better will be the balance of the body which, in turn, will affect the state of health and, to a large extent, happiness.

The aim must be to select and introduce elements into the body which will help to raise or maintain the level of the Vital Force.

The first consideration is food which must be correctly selected, properly prepared and assimilated.

The second is air. Air is essential to life and it should be looked upon as food or, at least, as a power having a great effect on the condition of the body. Certain people in the East are well acquainted with the value of air in the maintenance of health, calling it "Prana".

It is necessary to breathe the purest air possible and to fill the lungs to their utmost capacity and then to exhale as completely as possible. This deep breathing of pure, fresh air expands the lungs and helps them to work in an efficient manner, revitalising the body.

The Sun, also, plays a part in affecting the Vital Force and in another part of this book will be found the times when, according to the time of birth, it is possible to obtain the maximum benefit from the Sun's rays.

Present day knowledge of the mineral cell salts contained in various foods, enables us to arrange a diet that contains all the chemical elements necessary for keeping the Vital Force fully charged to the standard necessary for health. This ensures the correct functioning of the organs of the body and the nervous system.

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If, through faulty diet, any of the organs or the nervous system become abnormal, disease will **follow**. The best way to correct and maintain efficiency of the cells of the body is by the consumption of the right foods, correctly combined, plus correct breathing. In addition to these two essentials it is necessary to absorb plenty of sunshine coupled with a certain amount of exercise. Another factor that is often overlooked is the state of the mind. A peaceful, contented attitude plays an important role and in this respect it must be mentioned that **tranquillisers** which are widely used to-day often contain strong drugs which, although having a speedy calming effect, can have serious consequences if taken regularly over a period of time. The state of mind induced by these powerful drugs is not, in the long run, conducive to health.

FEEDING THE CELLS

The nutrition of all parts of the body such as nerves, tissues and bones is carried out by the circulation of the blood and it is very important that the blood should be chemically balanced.

The blood is carried to all parts of the body through the Arteries and as these blood vessels get nearer to the surface of the body they become progressively smaller until they are as fine as the hairs upon the head. It is obvious that the blood must be in good condition in order to pass through these tiny channels known as **capilleries**.

Thick, heavy blood laden with morbid matter clogs the capilleries and this leads to circulatory troubles and later congestion. This state of congestion reduces and, at times, cuts off nutrition in the areas affected and,

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under these conditions, elimination is the first step towards correcting the trouble.

Generally speaking, all acute disease is an effort of nature to cleanse the system and thereby remove morbid matter from the blood.

All fevers, colds and associated troubles are nature's method of burning up waste matter in an attempt to restore the circulation and allow the nutrition of the various parts to be maintained.

Each organ of the body is composed of millions of cells, their composition, structure and type depending upon the organ of which they form a part. As an example of this, the shape and chemical composition of a heart cell is different from the shape and chemical composition of a lung cell. Each little cell is really a separate and individual life, capable of selecting from the chemically laden blood stream the mineral that it requires for its development and growth. This seems to indicate that the cells possess intelligence. If a cell requires Calcium for its maintenance it will select this from the blood stream and ignore the Iron.

It follows that if the blood is supplied with the foods which contain the elements required for growth, each cell will extract the mineral required for its own little life. A carefully balanced diet containing the various elements required by the body is essential to well-being. All these elements are to be found in the natural foods such as vegetables, fruits, cereals, herbs, roots, barks, as well as from foods of animal extraction such as eggs, milk, butter and cheese. Vegetables and fruits being rich in the vital cell salts, are of vast importance to man as these salts supply the cells with the material required for their existence. Without these mineral substances in

the blood the body could not survive and it would quickly disintegrate.

Paracelsus of old said "The blood is the life", and it must be borne in mind that the quality of the blood is, to a very large extent, controlled by the food that is consumed.

Turning to Astrology, we find that the Sun rules the vital fluids; it is, also, the source of life and the fount of the vital powers. In order to keep the blood in proper condition it is necessary to ensure an adequate supply of the particular chemical salt which is indicated by the position of the Sun at the time of birth. Going into the subject of Astrology a little further it is found that there are twelve signs of the zodiac and twelve houses of the horoscope.

The human body, also, is divided into twelve parts and each part has an affinity with one of the divisions of the zodiac and the houses of the horoscope.

There are, also, twelve basic chemical salts and each has an affinity with a particular sign of the zodiac and one of the divisions of the human body.

In order to determine which of the salts are most likely to be deficient in any particular person it is necessary to discover the sign in which the Sun is placed at the time of birth and if it is **affected** by any of the planets and, if so, the place of these planets in the horoscope. By **carefully** balancing these factors this information can be obtained.

ASSIMILATION

Here, we wish to reiterate that the quality of the blood is controlled by the food that is eaten. By selecting the

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proper foods and eating as nature intended it is possible to have good blood and plenty of it. On the other hand, by foolishly gratifying abnormal appetites and indulging in improper eating, the blood will be of poor quality and of insufficient quantity.

Another factor is digestion. If one is to extract the full amount of life principle from the food we eat we must have perfect digestion.

The processes whereby food is converted into blood and carried to all parts of the body **are**: Mastication, Insalivation, Deglutition, Stomach and Intestinal digestion, Absorption, Assimilation and Circulation. All these processes are very important and we can make sure that the first two are carried out correctly, as they relate to the chewing process which breaks up food into very small particles, thus allowing the saliva to saturate the food thoroughly. It is, therefore, advisable to chew all food until it is reduced to an almost liquid consistency, this will ensure that the other digestive processes are performed **satisfactorily**; thus rich, new blood will be created according to the food consumed.

This newly created blood will be **carried** to all parts of the body, including the brain. The purer the food the better the health and mental powers.

We now come to the consideration of the Sun and the sign in which it is placed at the time of birth. It must be emphasised, however, that the remedies which are mentioned are not recommended as being suitable for the treatment of chronic diseases but rather as health-giving medicines, for prevention is better than cure and with a pure blood stream, richly laden with the **necessary** chemical salts, the body will be able to perform its functions and chronic disease will be a remote possibility.

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Foods may be roughly divided into two classes, firstly, fruits and vegetables that grow on trees and in plants above the earth, enabling them to receive Cosmic and Solar rays which can be stored in the food. This class of food possesses the most nutritive and therapeutic value. The second class grow in the earth and they receive the earth's rays; these foods have great value but do not reach the standard of the first category.

These rays or vibrations may be the vitamins and if the food is eaten in its raw state, or correctly cooked, these rays or vibrations again become active when absorbed into the body and, in combination with the mineral salts, help to maintain perfect health.

ARIES

March 21st to April 21st

Those born with the Sun in Aires, especially if afflicted by a malefic planet are liable to be deficient in the cell-salt called Kali Phosphoricum, commonly known as Phosphate of Potassium.

A deficiency of this vital cell-salt causes nervous and mental disorders, throbbing headaches, depression, neuralgic pains, general debility and exhaustion, tumours, paralysis of any part of the body and nervous dyspepsia.

People born under this sign should make sure that their diet contains a good supply of Kali Phos. One of the richest foods in this vital cell-salt is the Tomato.

FOODS

TOMATO An analysis of this food shows that it contains about 60.50 Potassium, 23.50 Sodium, 16.20 Chlorine, 6.10 Iron and about 2.20 of Silica in every 1,000 parts. It also contains vitamins A. B. and C. This analysis reveals the fact that the Tomato is a very important Potassium food with a sufficient amount of Sodium to balance all its mineral elements.

The Tomato, a cleansing food, helps to keep the blood in a healthy condition. It is a remedy for Tumours and Cancers, as Potassium is an agent required in these

diseases. Its Sodium content assists in neutralising the toxins and poisons in the system and the vitamins help to maintain health, or to regain health when it has been lost.

To obtain the full therapeutic value from this food it should be eaten raw.

DANDELION is another Potassium rich agent and as the leaves can be used in salads it can be classed as a food.

An analysis shows that it contains about 40.50 of Potassium, 23.20 of Calcium, 13.00 of Sodium and 11.00 of Phosphorus. This very rich Potassium food is also rich in Calcium which makes it an important lime food. It is a valuable remedy in all torpid conditions of the Liver and it also has a very favourable action on the Spleen. It is a valuable blood purifier.

The dried root roasted and ground makes a good substitute for coffee and, in addition, it possesses beneficial properties when taken by sufferers from Gout, Rheumatism and **Dyspepsia**.

The fresh root, well washed, when chewed slowly is an excellent remedy for Diabetes as it contains an element very similar to Insulin, helping to restore the diseased organ to normal health.

RED BEET is another Potassium rich food. An analysis shows that it contains approximately 45.10 of Potassium, 13.50 of Sodium, 11.00 of Phosphorus and 8.20 of Calcium.

It is rich in blood and tissue-building properties and, also, in alkaline minerals.

It is valuable for Anaemia, Tuberculosis and Heart

ARIES

weakness. It has a soothing effect upon the nerves and aids the correct functioning of the Liver.

The best way to use this food is to grate it raw, shredding it finely, and adding it to salads.

The leaves are of service in Diabetes; they are nourishing and excellent as blood cleansers.

LEMONS The analysis of this food shows that it contains approximately 54.30 of Potassium, 30.45 of Calcium, 11.00 of Phosphorus and 2.30 of Sodium. It is, therefore, a very rich Potassium-Calcium agent. It is a cleansing, antiseptic and healing agent. The Phosphorus content uniting with the Potassium provides a means of supplying the Brain and nerve cells with their correct nourishment. These elements are also used in cases of Fever, Diabetes, Stomach Disorders of various kinds, Asthma, Bronchitis, Rheumatism and Dropsy.

It is an excellent appetiser and stimulant to the digestion.

Lemons are useful when included in reducing diets and the juice, taken in hot water at night, provides a remedy for Colds.

CELERY This is another Potassium rich food containing approximately 30.20 of Potassium, 24.50 of Sodium, 16.30 of Phosphorus and 11.10 of Calcium.

This food is a great cleanser and alkalizer of the system and it is essential in keeping the Calcium in distribution. The Sodium content makes it a very alkaline food of much value in Gout, Rheumatism and other acid conditions. It is also of value in disorders of the nervous system.

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The leaves are recommended in the treatment of Diabetes.

The Phosphorus content is a vitalizer of the Brain and Nerves and it is an ideal Aries food for all Brain workers.

GRAPE FRUIT The analysis of this food shows that it contains approximately 13.00 of Potassium, 4.50 of Phosphorus, 3.00 of Calcium and small quantities of other mineral salts.

It is a blood purifier and the remedy in cases where there is the presence of pus.

It is an excellent alkaline food, building up the alkaline reserve of the blood which neutralises the toxins and acids causing the formation of pus.

Taken at the beginning of a meal it stimulates the appetite and helps in the digestion of other foods.

PARSNIPS The analysis of this food reveals that it contains approximately 44.50 of Potassium, 12.00 of Phosphorus and about 8.20 of Silica.

It is an excellent agent for the treatment of Gout, Neurasthenia, and Nervous Dyspepsia. It is of service in Tuberculosis. The leaves are edible and the flavour is pleasant.

APPLES This popular fruit is another Aries food containing approximately 37.20 of Potassium, 20.00 of Sodium and 14.10 of Phosphorus.

It is useful in Rheumatism, Gout, Gallstones and Bladder troubles.

The Sodium content prevents the clotting of blood, and complaints such as Paralysis and Congestions. It is excellent for the Spleen, Brain, Stomach and the Liver.

OTHER VALUABLE POTASSIUM FOODS

Cauliflower, Oranges, Watercress, Parsley, Milk, Savoy Cabbage, Asparagus, Figs, Strawberries, Lettuce, Spinach, Potato Skins, Carrots and Dates.

If, for any reason, a more concentrated form of Potassium is required herbs must be resorted to as they contain more concentrated minerals than the cultivated fruits and vegetables.

HERBS

A very rich herb containing the Aries cell-salt is **WILD CHERRY** which contains approximately 65.50 of Potassium, 5.90 of Calcium and 4.10 of Phosphorus.

BROOM a favourite remedy of the herbalists contains about 40.00 of Potassium.

Other herbs that are rich in the cell-salt of Aries are : Nettles, Cactus, Passion Flower, Valerian, Scullcap, Hops, Pulsatilla, Blessed Thistle, Damiana and Gentian.

Astrologically, herbs are most successful if carefully compounded according to the nature and quality of the sign of **Zodiac**. For example, if an **Aries** influence is in operation it tends to bring in the cardinal signs so that in practice, a Herbal compound blending the herbs of these signs is prescribed. These might be an Aries herb to soothe the nerves, a Libra herb to neutralise over-acidity, a Capricorn herb to give tone to the skin and eliminate poisons and toxins, and a Cancer herb to tone up the stomach.

THE BIOCHEMIC REMEDY

The Biochemic remedy for this sign is Kali Phos., and the most suitable way of taking it is in tablet form as this ensures the correct dosage. It is usual to use the 6x potency and two tablets constitute a dose.

DEEP BREATHING

In the introductory part of this work there is information respecting the importance of obtaining Vital Force from the Sun by deep-breathing in the open air. The Sun is a source of light and the essence of life is light condensed and crystallised into physical matter, which manifests in countless material forms.

The variation of our atmosphere proves that Solar Energy is not constant but that it undergoes various changes from sunrise to sunset and from season to season. These changes influence our make-up according to the time of birth.

All life comes into existence under a specific Cosmic or Planetary position and this stamps upon the native a definite quality of Solar-Energy which happens to be most active at the moment of birth.

Those born under Aires have the Sun in their Zodiacal sign and they will obtain Cosmic Energy by deep breathing, preferably facing East, during December, January and February between the hours of 10 and 11 a.m.; during March, April and May between the hours of 9 and 11 a.m.; and during June, July, August, September, October and November between the hours of 8 and 9 a.m.

THE HOMOEOPATHIC REMEDY

The Homoeopathic Remedy for the sign of Aries is Aconitum Nap.

POTASSIUM RECIPES

It is not our intention to give an extensive number of recipes but the following information indicates various foods that come under the influence of the Zodiac. It suggests a line of thought that might lead the reader to work out suitable recipes and dishes, according to one's taste, from the foods mentioned under each Zodiacal sign.

POTASSIUM BROTH Cut up into small pieces two medium sized Carrots, two Tomatoes, two or three sticks of Celery and one Onion. Add a little Parsley and Spinach, then add enough water to well cover the vegetables and simmer for **half-an-hour**. This is an excellent cleansing broth, rich in Potassium, Sodium, Calcium and Iron.

POTASSIUM SALAD (Winter) Shred the tender leaves of cabbage finely and grate a well-washed Carrot. Place the Cabbage in a salad bowl and sprinkle over it the grated Carrot, dot small pieces of Celery over this and, if desired, a few drops of Lemon juice may be sprinkled over the salad.

POTASSIUM SALAD (Summer) This can be prepared from **Lettuce**, Tomatoes, Onions, Cucumber, Beetroot

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plus any of the vegetables or fruits mentioned under the heading of "Aries".

POTASSIUM FRUIT JUICE COCKTAIL Mix equal quantities of Lemon and Orange juice and dilute with a little water. If a sweeter drink is required add a little honey but NOT sugar. Allow the liquid to stand in a cool place for an hour and, before serving, add a few slices of Cucumber.

TAURUS

April 21st to May 21st

Those born with the Sun in Taurus, and afflicted by a malific planet, have a tendency to be deficient in the cell-salt, *Natrum Sulphuricum*, commonly known as Sulphate of Soda.

Where there is a deficiency of this element there is a tendency to disorders of the Liver, Kidneys and the Pancreas and these lead to troubles such as Jaundice, Diabetes, Dropsy, Asthma, Rheumatism, Arthritis, enlarged Prostate and Constipation.

The Sodium in the body controls the Calcium, keeping it in correct distribution, thus preventing localisation of excessive Calcium which could lead to such complaints as Gall-stones, Arthritis and hardening of the Arteries.

One of the foods richest in Sodium is Celery.

FOODS

CELERY A chemical analysis of this food reveals approximately 30.00 of Potassium, 24.50 of Sodium, 16.10 of Phosphorus and 11.00 of Calcium in every 1,000 parts.

Although Celery is a Potassium food its Sodium content is very high and it can be prescribed as a Sodium food. It is a cleanser and alkaliniser, and it is of value

in Rheumatism, Arthritis, hardening of the Arteries, Indigestion, and Heart disease. The Phosphorus content is fairly high and this makes it of great service in Nervous complaints. It vitalises the Brain and Nerves and it should be taken by all Brain workers coming under the influence of Taurus. It should also be used for any complaint arising from Nerve and Brain depletion.

APPLES A chemical analysis of this food is given under 'Aries' showing that it is a Potassium food with a very high Sodium content. This food can, therefore, be used as a Sodium food and it is a valuable remedy for Rheumatism, Gout, Gall-Stones, and Bladder difficulties. It is a very active agent in the Lymph of the Blood, preventing clotting and such ailments as Paralysis, Convulsions and Thrombosis.

SPINACH This is another Sodium rich food for the natives of Taurus. An analysis of this food reveals that it contains approximately 63.00 of Sodium, 29.00 of Potassium, 11.50 of Iron, 11.00 of Chlorine and 8.00 of Silica.

From the analysis it can be seen that this is one of the foods richest in the vital cell-salts, especially Natrum Sulphuricum which is the one related to Taurus.

It is an alkaline forming food acting beneficially upon the Glands, it is also valuable in all cases of Anaemia.

This vegetable should not be cooked for more than four to five minutes and, for preference, it should be steamed.

The young, tender, leaves can be eaten raw in salads.

SWISS CHARD Though not a popular vegetable it is

very rich in the vital mineral cell-salts and an analysis shows that it contains approximately 60.00 Sodium, 40.10 Potassium, 20.00 Calcium and 3.20 Iron.

It belongs to the Beet family and is of the white variety; it is also known as Silver or Seakale Beet.

In this variety of Beet the leaves and leaf-stalks are used and not the root.

The leaves can be steamed like Spinach and the leaf-stalks cooked like Asparagus. Both are very good blood-cleansers as well as being nourishing and delicious food.

RADISHES This is a popular food which is useful for Taurus born natives as it contains approximately 25.20 of Sodium, 30.00 of Potassium, 16.10 of Calcium, 10.00 of Chlorine and 4.00 of Iron.

Radishes should be eaten raw while young and tender, the leaves can be cooked as a green vegetable.

This food stimulates the functions of the stomach and bowels; it is also a good appetiser. It is useful in Catarrh and Tubercular complaints. It is a powerful diuretic acting upon the Kidneys.

ROMAINE LETTUCE This health-giving, refreshing, food is also under the rulership of Taurus. It contains approximately 60.10 of Sodium, 40.00 of Potassium, 20.50 of Calcium, 6.00 of Silica, 6.00 of Chlorine and 3.10 of Iron.

Besides being an ideal food for Brain workers it is useful in Gout, Arthritis and Rheumatism.

If well masticated it is easy to digest. It should be well washed, but it is essential to avoid leaving it in cold water for a long period as this results in the vital mineral cell-salts being extracted into the water and thus lost.

STRAWBERRIES This delicious fruit comes under the sign of Taurus. An analysis shows it to contain approximately 20.00 of Sodium, 13.10 of Potassium, 10.00 of Calcium, 7.00 of Silica and 4.00 of Iron.

It is a valuable agent in the treatment of Gout, Rheumatism and Arthritis but, in some cases, the strong eliminative force causes strong reactions, which usually take the form of a skin affection somewhat similar to nettle rash. This condition is often very unpleasant but, in the long run, it is of benefit to the sufferer as it means that the toxins and poisons in the blood stream are being driven out of the system.

Strawberries are also of value in Anaemia, Acidity, Liver and Kidney troubles, and affections of the Spleen. Another virtue is their use in feeding the nerves and glands, and helping to prevent ailments which affect the vital centres.

For the best results this food should be eaten without cream or sugar.

POMEGRANATE An analysis of this fruit shows that it contains approximately 16.00 of Sodium, 9.00 of Iron, and 8.00 of Potassium.

The combination of these three vital cell-salts make it a blood building food and an important alkaline agent.

It is a cleanser and its acids help to neutralise toxins and poisons in the system.

HERBS

The most important herbs under the rulership of Taurus are : Barberry, Mountain Flax, Celandine, Fring-

TAURUS

tree, Centaury, Uva-Ursi, Coltsfoot, Yarrow. Ground Ivy, and Burdock.

Taurus being a fixed sign, requires the herbal combinations of the fixed signs. It is advisable to use the most important herbs of Taurus blended carefully with the most effective herbs of the fixed signs.

THE BIOCHEMIC REMEDY

The Biochemic remedy is Natrum Sulphuricum which should be taken in tablet form to ensure correct dosage. The most useful potency is the 6x. The dose, 2 tablets.

THE HOMOEOPATHIC REMEDY

The Homoeopathic remedy for this sign is Belladonna.

DEEP BREATHING

Those wishing to obtain Cosmic Energy should breathe deeply in the open between the hours of 11 a.m. and 12 noon during the months of December, January, February, March, April and May, and between the hours of 9 and 10 a.m. during the months of June, July, August, September, October and November.

SODIUM RECIPES

Mash a few fresh strawberries and add a finely grated apple, mix the two well together, then add a few well-ground nuts. Spread this mixture on buttered wholemeal bread.

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SODIUM SALAD Take some young and tender Spinach leaves and chop them up fairly fine. Mix a little fresh cream with a small portion of honey and add a few drops of Lemon or Orange juice and mix this with the Spinach, then arrange it on leaves of young crisp lettuce.

STEAMED CELERY Cut some stalks of Celery into pieces of about four inches in length and steam until tender. Make a sauce of wholemeal flour and milk, season to taste and add a little butter.

Place the Celery in a dish and pour the sauce over it, place in the oven to heat and serve hot.

BAKED APPLE Select a nice large cooking Apple and remove the core, do not peel. Place it in a greased baking tin and fill the centre with honey. Bake until tender.

POMEGRANATE JUICE Squeeze the juice from the seeds of a ripe Pomegranate and let it stand for one hour, do NOT add sugar. This should be sipped slowly as a breakfast drink. It is a most refreshing beverage.

Although the above mentioned foods, herbs, etc., are essential to the native of Taurus, it is also essential that the emotional and mental balance and poise be maintained if they are to enjoy the best of health.

GEMINI

May 21st to June 21st

Those born between these dates have the Sun in the Zodiacal sign of Gemini and if the Sun is afflicted there is a tendency to be deficient in the cell-salt Kali **Muriaticum**, commonly known as Potassium Chloride.

Where there is a deficiency of this salt it is often found that the result is Inflammations with Catarrhal discharges, sluggish Liver, swollen Glands, swellings and congestions, Bronchial troubles, Asthma, Eczema and Ulcerations.

Natives of this sign should ensure that their diet contains a good supply of Kali Mur.

FOODS

The foods mentioned under "Aries" are very suitable for natives of Gemini, with the addition of Green Beans, Turnips, Sorrel, Collards, Cheese, Goat's Milk, Brussel Sprouts, Cauliflower, Kale, Lettuce, Watercress and Pineapple.

HERBS

Herbs containing the cell-salt, Kali Mur, are Comfrey, Marigold, Iceland Moss, Meadow Sweet, Vervain, Poke Root, Tansy, Red Clover and Licorice.

Gemini being a common sign, requires an herbal combination of the common signs. It is necessary to take the most active herbs of Gemini and carefully balance them with the herbs of Virgo, Sagittarius and Pisces.

THE BIOCHEMIC REMEDY

The **Biochemic** remedy of this sign is Kali Muriaticum, it should be taken in tablet form, two tablets to a dose and the potency for general purposes is 6x.

THE HOMOEOPATHIC REMEDY

The Homoeopathic remedy for this sign is Bryonia Alba.

DEEP BREATHING

The times for deep-breathing in the open in order to obtain the Cosmic Energy from the sun are from 12 noon to 1 p.m. during the months of January, February, March, April and May and between 10 and 11 a.m. during the remainder of the year.

GEMINI RECIPES

GHEE OR HONEY BUTTER Warm fresh, unsalted, butter until all the water evaporates; mix two parts of the butter to one part of honey and beat until it is of a creamy consistency. Spread on wholemeal bread.

CAULIFLOWER AND CHEESE Grate a little Cheese and mix with some finely chopped Cauliflower. Serve on a leaf of crisp lettuce.

GEMINI

A GEMINI SALAD Arrange some crisp lettuce leaves in a salad bowl, grate some raw Turnip and Carrot, slice Tomatoes and chop Spinach finely. Pile these neatly on the lettuce then sprinkle with a little grated Cheese. Garnish with a little Watercress.

PINEAPPLE COCKTAIL Extract the juice from a fresh Pineapple then pulp a few fresh Strawberries and add this to the juice then dilute with a little water. Keep cool until ready to serve.

If the Gemini foods are to be absorbed and assimilated in the body, the mental activities must be controlled, directed and regulated.

CANCER

June 21st to July 21st

Those born with the Sun in Cancer and afflicted, have a tendency to be lacking in the cell-salt, Calcium **Fluoride**, commonly known as Fluoride of Lime. The importance of this salt can be realised when it is stated that almost 50 per **cent.** of the bony structure of man is made up of Calcium.

If the diet is lacking in this element the body becomes badly affected. A deficiency of the salt causes relaxed conditions of the tissues, such as Varicose **Veins**, Haemorrhoids, prolapsed Organs and weakened eyesight.

It is best to give Calcium in its natural form and food is the only way in which this can be done. Calcium preparations other than from natural foods are not recommended as they often irritate the delicate organism.

The **following** foods are rich in Calcium.

FOODS

CABBAGE (SAVOY AND RED) An analysis of Red Cabbage reveals that it contains approximately 40.00 of Potassium, 25.10 of Calcium and 10.00 of Sodium.

It is valuable in the treatment of gastric disturbances and poor digestion, it also helps in the assimilation of

CANCER

food. It is of service in dealing with weakened Arteries.

For growing children, especially those born under the sign of Cancer, both Red and Savoy Cabbage are excellent foods, the Calcium they contain is very valuable in helping to build the bony structure and teeth. Raw Cabbage is recommended; it is much better than when cooked.

WATERCRESS The analysis of this food shows that it contains approximately 30.00 of Sulphur, 29.90 of Calcium, 25.10 of Potassium and 10.00 of Phosphorus. This very alkaline food should not be taken in excess as it has a tendency to upset the Bladder.

It is an excellent blood purifier, helping to **eliminate** impurities from the system. It is, also, useful in nervous disorders and where there is a deficiency of the Spinal fluid.

KALE An analysis of Kale shows approximately 30.00 of Potassium, 21.00 of Calcium, 18.00 of Phosphorus and 11.00 of Sodium.

It is an excellent food, rich in the vital cell-salts and the Calcium content makes it possible to class it as a Calcium food.

It is valuable for the Brain and Nerves, also as a cleansing food.

MILK One of the best balanced foods, its Calcium content makes it an ideal food for natives of Cancer.

PRUNES This is another valuable food with a Calcium content that makes it a suitable item of diet for those born under this sign.

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It is very nutritive and is of service in Digestive disorders and Constipation.

In order to obtain the best results Prunes should be well washed, then soaked for 24 hours in cold water. Both the fruit and water should be taken.

COTTAGE CHEESE Like Milk, this is a valuable Calcium food. An analysis shows that it contains approximately 15.00 of Calcium, 12.00 of Phosphorus, 6.00 of Potassium and 2.00 of Iron.

This concentrated nutritive food is a valuable Blood, Nerve and Muscle builder.

Its very high Protein content makes it one of the best substitutes for meat or fish. Its advantage over these two foods is that it is free from the toxic and poison forming elements which meat and fish contain. A little cream added to this cheese enriches its food value.

ONIONS An analysis of this food shows approximately 12.00 of Potassium, 11.00 of Calcium, 7.00 of Phosphorus and 4.00 of Silica.

Onions are a perfect antiseptic and eliminator, and they are of great service in the treatment of Colds, Catarrh, and congestion contracted through Colds and Chills.

The Phosphorus content is fairly high making them valuable in nervous disorders.

There are many ways of using Onions and they can be added to a great variety of dishes but in order to obtain the full therapeutic effect they should be eaten raw.

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OTHER FOODS Other valuable Calcium foods include Oranges, Lemons, Parsley, Chives, Dandelion, **Raisins**, Leek leaves, Egg yolk and Rye bread.

HERBS

The most valuable herbs of this sign are Chickweed, **Comfrey**, **Wintergreen**, Poke Root, Plantain, Honey-suckle, Witch Hazel and Oak Bark.

Cancer is a cardinal sign so the herbs of the cardinal signs are combined.

THE BIOCHEMIC REMEDY

The **Biochemic** remedy for Cancer is Calcium Fluoride. It should be taken in the 6x potency in tablet form, two tablets to a dose.

THE HOMOEOPATHIC REMEDY

The Homoeopathic remedy is **Ipececuanha**.

DEEP BREATHING

In order to obtain Cosmic Energy deep breathing, in the open, should be practised between the hours of 1 and 2 p.m. during December, January, February, March, April and May and between 11 a.m. and 12 noon during the rest of the year.

CANCER RECIPES

Mix together finely chopped Onion and Cottage Cheese, spread on Rye biscuit or wholemeal bread.

ASTROLOGY AND DIET

MILK COCKTAIL Mix equal quantities of Milk and Carrot juice and allow the liquid to stand for an hour before serving. This is a delightful drink for both children and adults.

CABBAGE SOUP Chop and fry two small onions in a little nut fat. Wash and shred a small spring Cabbage and place in a stewpot with the Onions and three pints of water. Bring to the boil and then simmer for two hours. Add **half-a-pint** of Milk and simmer for ten minutes. Season to taste and serve with dry toast.

The mind controls nerve energy and the vibrations of the mind are created by the mental impressions and suggestions which it receives. The natives of Cancer should learn to relax to enable them to control their thoughts, casting out those that are created by fear, tension and worry.

LEO

July 21st to August 21st

Those born with the Sun in Leo should arrange their diet to ensure that it contains the cell-salt Magnesium Phosphate. The Lungs, **Brian**, Nerves and Muscles require this element in order to function properly.

Magnesium promotes cell building in nerve tissue and lung substances, as well as helping to maintain normal blood pressure. It has an alkaline reaction which assists in promoting an alkaline balance of the body fluids. These conditions give greater elasticity to the tissues, they also give the joints more flexibility.

This sign rules the Heart, as the blood from every part of the body passes through this organ. It is essential to keep the blood in the best condition possible and in order to bring about this state it is advisable to see that the Blood receives an adequate supply of the Leo cell-salt.

FOODS

PLUM This popular fruit is rich in Magnesium. An analysis shows that it contains approximately 16.00 of Potassium, 12.00 of Magnesium and 4.00 of Phosphorus.

In all complaints due to an excess of acid this fruit

ASTROLOGY AND DIET

is one of the indicated remedies. It is of great value in Arthritis, Gout, Rheumatism, hardening of the Arteries and Nephritis.

WHEAT BRAN One of the prime virtues of this aliment is that it provides roughage which is essential for the peristaltic action of the intestines. It contains approximately 10.00 of Magnesium, it is also rich in other organic minerals.

PEAS The vital content of this food is approximately 29.00 of Phosphorus, 17.00 of Potassium and 16.00 of Magnesium.

This food is of great help in all conditions due to acid deposits, breaking them up and speeding their elimination from the system.

OTHER FOODS Other valuable foods suitable for the natives of Leo are Sugar Beet Leaves, Oats, Cocoa, Savoy Cabbage, Oranges, Lemons and Lettuce.

HERBS

Common herbs containing the Leo cell-salt are Nettles, Sorrel, Dill, Dandelion, Fennel, Mint, St. John's Wort, and Parsley.

THE BIOCHEMIC REMEDY

The Biochemic remedy for those born with the Sun in Leo is Magnesium Phosphate. It should be taken in tablet form, two tablets to a dose and the potency recommended is 6x.

THE HOMOEOPATHIC REMEDY

The Homoeopathic remedy for natives of Leo is Chamomilla.

DEEP BREATHING

Those wishing to obtain Cosmic Energy should breathe deeply, in the open, between the hours of 2 and 3 p.m., during December to May and between 12 noon and 2 p.m. during the remaining months.

MAGNESIUM RECIPES

PLUMS WITH ALL BRAN Peel and stone some ripe Plums, mash them up well and lightly sprinkle with All-Bran.

BRAN BISCUITS Take two cupsful of Wholemeal flour and two of Bran, the grated rind of a small Lemon, one tablespoonful of Honey and four ounces of Suenut or other vegetable fat. Mix well together with sufficient water to form a stiff dough. Roll out on a floured board, cut into any shape desired and bake in a hot oven until lightly browned.

GREEN PEA PUREE Simmer Garden Peas gently in a little vegetable stock until tender adding a little garden Mint. Rub the Peas through a fine sieve and add to the puree a little Milk or Cream. Serve with cold wholemeal toast, buttered when cold.

The Leo type should endeavour to live in harmony

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with his, or her, environment and to cultivate ~~the~~ intuitive faculties.

It is of advantage to abstain from stimulating foods and beverages as these tend to keep this type on a plane where they are inclined to allow their senses to rule.

VIRGO

August 21st to September 21st

During these dates the Sun is passing through the Zodiacal sign of Virgo and, if afflicted, the natives will be liable to a deficiency of Potassium Sulphate, or more commonly known to Biochemists as Kali Sulphuricum. This cell-salt works in the Albumenoids and in the oil in the human economy.

The result of a deficiency of this cell-salt is a thickening of the oil which leads to clogging of the pores of the skin. This impedes elimination of the impurities of the body through the pores which, in turn, causes them to be thrown back on the internal organs which become over-worked and then various troubles develop such as Colds, Coughs, Catarrh, Pleurisy, Pneumonia and kindred ailments. These troubles are Nature's way of **freeing** the overladen body of the impurities which it is unable to throw out in the usual manner.

FOODS

The foods for this sign are very similar to those mentioned under "Aries" and they should be taken by natives of Virgo.

HERBS

The best known herbs containing the Virgo cell-salt are Skullcap, Poke Root, Pulsatilla, Rosemary, Motherwort and Valerian.

THE BIOCHEMIC REMEDY

The Biochemic remedy for those born under this sign is Kali Sulph which should be taken in the 6x potency in tablet form, two tablets as a dose.

DEEP BREATHING

In order to obtain Cosmic Energy natives of Virgo should breathe deeply, in the open air, between 3 and 4 p.m. during the months of December to May and between 2 and 4 p.m. during the other months of the year.

RECIPES

The foods mentioned under "Aries" are similar to those required by the natives of Virgo and they should be used by them.

LIBRA

September 21st to October 21st

Those born during these dates have the Sun in the Zodiacal sign Libra which means balance. If the Sun is afflicted there is a tendency to be deficient in the Libra cell-salt, Natrum Phosphate, otherwise known as Sodium Phosphate. This salt helps to maintain a balance between the acids and the normal fluids of the body and it is, therefore, essential that the diet should contain a sufficient amount of Sodium.

A certain amount of acid is always present in the Blood, Nerves, Stomach and Liver fluids but any excess is due to a deficiency of the cell-salt. It is obvious, therefore, that the diet should contain Sodium foods similar to those recommended to Taureans.

HERBS

The Kidneys are governed by Libra and herbalists have, for centuries, used the following herbs for complaints of these organs. They are very rich in the Libra cell-salt: Meadow Sweet, Dandelion, Celery **Tops**, Couch grass and Uva Ursi.

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THE BIOCHEMIC REMEDY

The remedy for natives of Libra is Natrum Phosphate in the 6x potency in tablet form, two tablets to a dose.

THE HOMOEOPATHIC REMEDY

Rhus Toxicodendron is the remedy for natives of Libra.

DEEP BREATHING

Those who desire to obtain Cosmic Energy should breathe deeply, in the open air, between the hours of 3 and 4 p.m. from December to August and between 2 and 3 p.m. during September, October and November.

RECIPES

The food recipes given under "Taurus" are equally suitable for natives of Libra.

People born under this sign should endeavour to avoid jealousy, egotism and melancholia as these conditions have a tendency to deplete the nervous system; they also tend to increase the acid condition of the body.

SCORPIO

October 21st to November 21st

Those born between these dates have the Sun in the Zodiacal sign of Scorpio and if the Sun is afflicted there is liable to be a deficiency of the cell-salt Calcium Sulphate which is commonly known as **Plaster** of Paris.

This cell-salt helps to eradicate accumulations of decaying organic matter, preventing it from lying dormant in the system and injuring the surrounding tissue.

A deficiency of this salt tends to cause Catarrh, Lung troubles, Boils, Ulcers, Carbuncles, Abscesses and disorders of the Liver and Kidneys.

FOODS

The foods most suitable for the natives of Scorpio are similar to those recommended for natives of Cancer.

HERBS

The following are the most suitable for those who come under the influence of this sign : Sarsaparilla, Blue Flag, Soapwort, Yellow Dock, Marigold, Wormwood and Horseradish.

THE BIOCHEMIC REMEDY

The Biochemic remedy for this sign is Calcium Sulph., which should be taken in tablet form, two tablets to a dose, and the potency recommended is the 6x.

THE HOMOEOPATHIC REMEDY

The Homoeopathic remedy is Pulsatilla.

DEEP BREATHING

Those wishing to obtain the Cosmic Energy should breathe deeply, in the open air, at about 4 p.m., during the months of December to July and between 2 and 3 p.m., during the other months of the year.

SAGITTARIUS

November 21st to December 21st

Those born between these dates come under the Zodiacal sign of Sagittarius and, if the Sun is afflicted, the natives are subjected to the health conditions created by this situation.

The cell-salt for this sign is Silica which is quartz or flint. It is found in the human body in the Hair, Nails and Skin; and in the membrane covering the bones.

A deficiency of Silica causes weak Nails, Poor condition of the Skin and Hair, the latter looking lank and lustreless.

This cell-salt is an important agent in the treatment of Cancer, Tumours and other abnormal growths but it should only be prescribed by a competent practitioner for these and other deep-seated conditions, in fact, this advice relates to all remedies for such troubles mentioned throughout this book.

It is also of great service in the treatment of Boils, Carbuncles, Abscesses and other conditions where there is the formation of pus. In these conditions it acts as a cleanser and surgeon as it forces all disintegrating matter to the surface of the skin thus healing and repairing the damage.

Silica is found only in very small amounts even in foods rich in the element. The amount required by the

body is much smaller than that of the other elements but it is essential that we obtain this salt from our food for the maintenance of health and strength.

FOODS

A food that is very rich in Silica is Scotch Oats. An analysis reveals approximately 20.00 of Silica, 16.00 of Phosphorus, 10.00 of Potassium and 4.00 of Magnesium. It is an excellent food for children during the winter months, the Silica content helping to prevent infection from zymotic diseases and the Phosphorus content is ideal for the formation of brain and nerves.

PARSNIPS Another food rich in Silica as it contains approximately 9.00 of this salt plus 8.00 of Sulphur and 7.00 of Phosphorus. The combination of the Silica and Sulphur makes it of great service in beautifying the complexion.

ASPARAGUS This is a food that is very rich in several of the cell-salts and the Silica content is fairly high. The analysis shows approximately 20.00 of Potassium, 17.00 of Phosphorus and 10.00 of Silica. It is, therefore, a very important article of diet. It is of service in Neurasthenia, pus formation, poor Skin, falling Hair, Brain Fag, Nerve exhaustion and excitement.

CUCUMBERS This food is another that is rich in mineral elements and analysis shows that it contains approximately 40.00 of Potassium, 15.00 of Sodium, 8.00 of Silica, 7.00 of Calcium and 7.00 of Sulphur. It

SAGITTARIUS

is a valuable cleanser of the ~~system~~ and a purifying agent in all Blood and Skin complaints.

It has a diuretic action and is excellent in Rheumatism, Gout, and other metabolic disorders.

OTHER SILICA FOODS Unpolished Rice, **Horse-radish**, Acorns, Strawberries, Onions, Whole Wheat, Black Figs, Barley, Rye, Red Cabbage, and ripe Cherries.

HERBS

The most common herbs containing Silica are Marjoram, Lycopodium, **Sabal**, Horsetail, **Hawthorn**, Chicory, Dandelion, Agrimony, Red Clover and Burdock.

THE BIOCHEMIC REMEDY

The Biochemic remedy for this sign is Silica which should be taken in tablet form, two tablets to a dose, in the 6x potency.

THE HOMOEOPATHIC REMEDY

The Homoeopathic remedy is Mercurius.

DEEP BREATHING

Those born under this sign who wish to obtain the benefits of Cosmic Energy should breathe deeply, in the open air, between the hours of 3 and 4 p.m., from December to July and between 2 and 3 p.m., during the other months of the year.

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RECIPES

ASPARAGUS Trim off all the very tough parts and wash well, then tie into a bunch. Steam until tender. Remove string and serve on wholemeal toast with a little melted butter or white sauce.

OATCAKES Take one cupful of Oatmeal and one cupful of wholemeal flour, 2 ozs. of Butter, 1 ~~table-~~ spoonful of Honey or Golden Syrup, 2 table-spoonful of Barbados Sugar and a little Milk.

Mix the Oatmeal and Flour together, rub in the Butter and add the Honey and Sugar. Moisten to a soft dough with the Milk and turn the mixture on to a floured board. Roll out and cut into any desired shape. Bake in a fairly hot oven to a nice golden brown.

PARSNIP CAKES Mash any Parsnips left over when cold and add a little Sage and Onion. Form into ~~cakes~~, then dip into beaten egg and breadcrumbs and fry in vegetable fat (Suenut).

Serve very hot and garnish with Parsley.

CUCUMBER AND ONION SOUFFLE One Cucumber, one Onion, one Egg, one breakfast cup of Milk and a little seasoning.

Carefully wash the Cucumber and cut into slices about a quarter of an inch thick. Peel and cut the Onion into slices and steam the two vegetables together until they are tender. Place in a pie dish and pour over the custard made from Milk and Egg. Bake in oven until set but do not allow the mixture to come to the boil.

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The Sagittarian should endeavour to cultivate calmness and try to avoid exaggeration and impulsiveness at all times. By doing this the spiritual essence of Silica, which should only be obtained through plants and food, can be fully utilised for higher development.

CAPRICORN

December 21st to January 21st

During this period the Sun is passing through the Zodiacal sign of Capricorn and those born at this time will tend to express the characteristics and health conditions related to this sign.

If the Sun is afflicted at this time there will be a tendency to a deficiency of the cell-salt Calcium Phosphate. This salt has an affinity for Albumen which it uses as cement to build up the bony structure.

This cell-salt is an important agent in creating new blood-vessels, digestive fluids and it is, in fact, the great master-builder of the body.

A deficiency of this vital cell-salt leads to many serious disorders; it permits an excess of Albumen to leave the body via the Kidneys and this often results in troubles such as Bright's Disease, Rickets, Spinal Curvature, Anaemia, Albuminuria, Catarrh, Boils, Deafness, and Rheumatism.

FOODS

As this salt is one of the Calcium order, the diet recommended for natives of Cancer and Scorpio is suitable for those born with the Sun in Capricorn.

CAPRICORN

HERBS

The most suitable herbs are: Solomon's Seal, Comfrey, Black Hellebore, Plantain, Shepherd's Purse, Mullein, Cinchona, Elder and Knapweed.

THE BIOCHEMIC REMEDY

The Biochemic remedy indicated by this sign is Calcium Phosphate (Calc Phos), to be taken in the 6x potency, in tablet form, two tablets to a dose.

THE HOMOEOPATHIC REMEDY

The Homoeopathic remedy is Sulphur.

DEEP BREATHING

Those wishing to obtain the maximum amount of Cosmic Energy should breathe deeply, in the open air, between the hours of 7 and 8 a.m. during the months of December, January and February, and between 6 and 7 a.m. during March, April and May. Between 5 and 6 a.m., during the remaining months of the year.

RECIPES

The recipes to be found under "Cancer" and "Scorpio" are suitable for natives of this sign.

Those born under the sign of Capricorn often seek solitude but they should avoid depression and discontentment. They should endeavour to cultivate hope and it is advisable to mix in pleasant company occasionally.

AQUARIUS

January 21st to February 21st

The Sun is now passing through the eleventh sign of the Zodiac known as Aquarius or the Water Bearer.

The cell-salt of **this** sign is Natrum Muriaticum which is common table salt.

The human body is composed of approximately 70 per cent. of water and it is the function of Natrum Muriaticum to regulate the fluids both within and without the cells of the body.

If a deficiency of salt occurs it means that the water of the body is not properly controlled and this condition is liable to permit the development of such diseases as Dropsy, Running Catarrh, Watery Blisters, **Waterbrash**, Diarrhoea, Delirium Tremens and Goitre.

FOODS

The diet of Aquarians should include a certain proportion of Sodium foods and those recommended for Taureans are suitable for natives of this sign.

It must be stressed that the taking of extra table salt will not compensate for a deficiency, in fact, if it is taken to excess it frequently causes skin disorders and other troubles.

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HERBS

The following herbs are under the rulership of **Aquarius**: Tansy, Valerian, Ladies Slipper, Balm, Sea Holly, Horehound, **Bayberry** and Uva Ursi.

THE BIOCHEMIC REMEDY

The **Biochemic** remedy is Natrum Muriaticum in the 6x potency to be in tablet form, two tablets to a dose.

THE HOMOEOPATHIC REMEDY

The Homoeopathic remedy is Arsenicum album.

DEEP BREATHING

In order to obtain the maximum Cosmic Energy natives of the sign should breathe deeply, in the open air, between the hours of 8 and 9 a.m., during December, January and February. Between 7 and 8 a.m., during March, April and May and between 6 and 7 a.m. during the other months of the year.

RECIPES

The recipes given under "Taurus" are also suitable for the Aquarian.

PISCES

February 21st to March 21st

The Sun on its journey through the Zodiac now comes to the twelfth and last sign, Pisces. This sign of the Zodiac rules over the cell-salt Phosphate of Iron, commonly known to Biochemists as Ferrum Phosphoricum.

Ferrum Phosphoricum has a great affinity for Oxygen and it is the means by which Oxygen enters the blood stream. It is the magnetising element in the human system and it is essential in order to keep the blood red and magnetic.

Plants and vegetables take the inorganic Iron elements from the soil and carry them to the leaves where they form Chlorophyll, the green colouring matter of nature.

It is the Iron and Chlorophyll which form the Haemoglobin of the red corpuscles of the blood.

Without Iron the function of breathing would have no physiological value and metabolism could not take place, there would, therefore, be no assimilation of nutrients from digested food.

A deficiency of Iron in the system can result in the following diseases, Low Blood Pressure, Anaemia, Inflammations, Gastritis, Nephritis, Neuritis, Rheumatism, Neurasthenia, Bleeding Piles, Haemorrhages and **excessive** menses.

Pisceans should ensure that their diet includes a per-

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centage of foods containing Iron. These foods are of greater value if eaten raw as cooking tends to destroy the Iron content unless they are very carefully cooked. The best method of preparing these foods, if they must be heated, is to cook them conservatively and ensure that they are not over cooked.

FOODS

Pisceans are fortunate in having a fairly large range of foods containing their cell-salt, including the following: Dried Peas, Beans, Green Leafy vegetables such as Spinach and Lettuce; Dried fruits such as Raisins, Dates, Figs and Prunes; Nuts, Cereals, Fresh Peas, Root vegetables and all Fresh Fruit.

HERBS

Herbs containing Ferrum Phosphoricum are: Woodworm, Woodruff, Burnet, Saxifrage, Lungwort, Irish Moss, Poplar, Vervain, German Chamomile, Peppermint, Liverwort and Hartstongue.

THE BIOCHEMIC REMEDY

The Biochemic remedy for Pisceans is Ferrum Phos which is generally used in the 6x potency, in tablet form, two tablets to a dose.

THE HOMOEOPATHIC REMEDY

The Homoeopathic remedy is Veratrum.

DEEP BREATHING

Pisceans desirous of obtaining Cosmic Energy should breathe deeply, in the open, between the hours of 9 and 10 a.m., during December, January and February; between 8 and 9 a.m., during March, April and May and between 7 and 8 a.m., during the other months of the year.

RECIPES

FRUIT SALAD Ingredients: Oranges, Pineapple Cubes, Seedless Raisins and a little whipped Cream. Cut the Oranges into halves and remove the pulp leaving the cups or orange peel intact.

Shred the Pineapple, cut up the pulp of the Oranges and mix these with the Raisins. Fill the Orange cups and dress with a little cream.

VEGETABLE CASSEROLE DISH Take three or four Carrots, one small Swede Turnip, one cupful of soaked Peas, one Onion, two ounces of Butter and seasoning. Prepare the vegetables and cut them into small pieces. Brown the Onion in a little butter, then place all the ingredients in a casserole with the melted butter and half a cup of hot water. Let simmer until quite tender.

RAW VEGETABLE SALAD One large Carrot, one heart of Celery, one small Onion, one heart of Lettuce and one small Swede.

Prepare the vegetables and grate the Carrot and Swede into separate heaps, arrange these on the leaves of Lettuce and border with the sliced Celery. Sprinkle with a little

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grated Cheese and serve with cold Parsley sauce or Mayonnaise.

DRIED FRUIT SALAD Ingredients: Figs, Prunes, Apricots and Dates. Chop all the ingredients into small pieces and soak overnight in sufficient water to which the juice of an Orange or Lemon should be added. Serve the fruit in the juice with a little cream.

DATE AND NUT PASTE Mince half a cupful of Dates and one cupful of ground Nuts and mix well together to make a paste, adding a teaspoonful of finely grated Orange or Lemon peel. A little fruit juice may be added if necessary. Spread on Rye Crisp Bread and serve.

CONCLUSION

The true science of healing should concentrate on the elimination and prevention of disease by the use of agents supplied by nature.

Under these conditions less reliance would be placed upon Serums, Synthetics and dangerous Alkaloids and the emphasis would be upon remedies from the Natural Kingdom, including non-poisonous Herbs, Roots, Barks, Seeds and Flowers, fresh and dried fruit and vegetables.

As these elements are analysed and their chemical constituents become known it will be possible to select, with greater accuracy, those that are necessary for healing.

By careful study of an individual horoscope it is possible to determine where the Sun is placed at birth and, if afflicted by any of the planets. The afflicting planets can also be 'placed' and by carefully balancing these factors it is possible to select a diet suitable to the requirements of the individual.

One last word of warning.

Always obtain herbs and Biochemic remedies from reputable dealers making sure that they are of good quality. In the case of the latter they have to go through

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a process of long trituration in order to reduce the element to a degree of fineness which will enable it to be absorbed into the human economy. As the correct procedure takes a considerable time and meticulous care it is inadvisable to make use of cheap remedies that might prove unreliable.